



Arlington Council on Aging

Agenda

Date: Thursday June 10, 2021 Time: 6:00 pm

Location: Due to COVID-19 Pandemic, this meeting will be conducted virtually via Zoom, following the rules set forth by the Governor's Executive Order on Remote Participation. These meetings are open to the public and all are welcome. Please call 781-316-3401 or e-mail KShah@town.arlington.ma.us for the link to join the virtual meeting which can be accessed by computer with internet access or by telephone for audio access only.

Kristine Shah, Executive Director

Michael Quinn, Chair

Marge Vanderhill, Secretary

The Council's primary responsibilities are to design, promote, and implement programs and services to address the needs of the community's elder population, and to coordinate existing services in the community.

1. Call to order
2. Citizen's Open Forum
3. Minutes of the May, 2021 meeting for approval
4. Executive Director's Report
5. Report of the Chair
6. Minuteman Senior Services Report
7. ASA Liaison Report
8. Old Business
9. New Business
 - a. New Board Member opening posted
 - b. Thank you for your service to the COA Board Jill Greenlee and Marge Vanderhill
 - c. Marge will become Associate Board member and will continue as Minuteman Liaison. We are still in search of a secretary to assist with taking minutes at each board meeting.
10. Other Community Announcements
11. Adjourn - **Next meeting: September 16, 2021**

Executive Director's Report

Kristine Shah

I. Updates on Programs/Services

- a. An additional 13 Chromebooks were purchased with remaining grant funds to add to our Technology Loan Library which brings our total devices to 68 Chromebooks and 17 hotspots. Currently, 55 Chromebooks and 21 hot spots have been distributed to older adults in town.
- b. Outdoor program options were added to ongoing virtual program options beginning June 7. Outdoor programs are taking place in Robbins Gardens, between the Library and Town Hall. Chair Yoga, LGBTQIA+ group and Yarn group are the first groups to meet in person, outdoors. A weekly walking club has also begun at MacLennen Park. Podiatry clinics will take place outdoors through the summer months as well. Additional outdoor program opportunities will be added for June and July, including some special events such as an animal encounter show.
- c. After surveying our virtual program participants, 88% have requested the currently offered programs remain virtual until the new center officially reopens in the fall. We have decided to continue all virtual programming and compliment offerings with outdoor programming in order to meet this request. This will allow older residents to return to us in person at their comfort levels.
- d. Our transportation program is now running at full capacity levels. Masks are required on our vans in accordance with the governor's guidance that masks should still be worn on public transportation. We are also offering rides to medical appointments through our volunteer medical escorts once again. This is currently the only program that we are requiring vaccinations for.
- e. 5 Harry Barber program participants received their full \$1,500 toward rent in June as that program runs on a fiscal year. Property Tax Work Off participants are still collecting their volunteer hours and will turn in their time sheets in October.
- f. Our Lahey Farm Share program will begin July 7 and continue weekly through November 10.
- g. Arlington EATS Market is planning to reopen to in person shopping this summer. We are working with them to provide transportation for those who need it and also be sure that our residents who can't get to the in person market are able to have a delivery option.

II. Age Friendly/Dementia Friendly

- a. Thanks to a \$7,800 grant from I'm Still Here Foundation, we will begin offering virtual fitness classes to residents living with dementia and their caregivers. We are partnering with a certified "Ageless Grace" fitness instructor to offer these classes which will begin in August.
- b. Caitlyn Coyle from UMass Boston has been secured as a consultant to conduct 5 community listening sessions to finalize our data collection for Age Friendly/Dementia Friendly. The timeline has these sessions happening through the summer and the action plan being finalized in late fall.

III. Financial Updates

- a. The end of FY21 is upon us and we are working hard to close out all of our budgets and accounts for the year.
- b. FY21 Grants Received
 - a. CDBG FY22: Transportation Program (\$31,540), Volunteer Coordinator Position (\$52,922) and Adult Day Health scholarships (\$6,000).
 - b. \$7,800K ISHF, \$22K Sussman, \$11,860 LHMC, \$28,880 from MAPC, \$3,400 Mass Service Alliance, \$5,000 Mt. Auburn Hospital
 - c. Application is in for \$15K Symmes Grant (for transportation)

IV. Capital Campaign/Renovation

- a. 15,000 pieces was sent out to Arlington Residents in late May. \$1,400 was raised in the weekend following the mailing being received.
- b. We are still planning for construction to be finished in the fall. As soon as the building is ready for tours, the board will be the first to have one scheduled.
- c. We did a walk-through of the construction with ACMi to be sure that our spaces were equipped to air our programs/activities/meetings to residents who can't come in person to the new center.
- d. We are currently working with 'My Senior Center', our database company, to provide check in kiosks when the center reopens. This will help us keep track of those utilizing our programs and services in a more efficient way.

V. Other

- a. Fall Fundraising: We plan to offer our 5K Race virtually again this year for those who would like to continue the tradition.
- b. We are also planning a memorial tribute event, to remember those we have lost since March 2020.
- c. COA and ASA will meet over the summer to put a plan together for greeters/hosts/hostesses in the new Community Center, and calendar of programs and events that the ASA will be responsible for.
- d. We are currently still assisting residents who need access to the COVID vaccine with a home visit by our nurse. We are planning outreach to in-town Barber Shops/Salons and other local community businesses to help spread the word about vaccine importance.